

Pork Loin/Chop w/ Apple-Cran Chutney15

Number of Servings: 15 (164.42 g per serving)

Preparation Time:

Cook Time: 1:30

Cook Temperature: 325

Pan Size:

Cook Method:

| Amount | Measure | Ingredient |
|--------|---------|--|
| 1.00 | Tbs | Oil, olive, extra virgin |
| 3.00 | lb | Pork, roast, center loin, lean, w/bone, rstd |
| 3/8 | tsp | Spice, pepper, black, ground |
| 1 1/2 | cup | Onion, white, fresh, chpd |
| 5.00 | cup | Apples, chpd, fresh |
| 1/2 | cup | Cranberries, dried, swtnd |
| 3/4 | oz | Honey |
| 1 1/2 | Tbs | Juice, lemon, cnd/btl |
| 1/2 | cup | Water, tap, municipal |
| 3/4 | tsp | Herb, rosemary, dried |
| 3/4 | tsp | Spice, cinnamon, ground |

Nutrients per serving

Nutrition Facts

Serving Size (164g)

Servings Per Container

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 80mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 26g

Vitamin A 0% • Vitamin C 6%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | | Calories: | 2,000 | 2,500 |
|--------------------|-----------|-----------|---------|-------|
| Total Fat | Less than | 65g | 80g | |
| Saturated Fat | Less than | 20g | 25g | |
| Cholesterol | Less than | 300mg | 300mg | |
| Sodium | Less than | 2,400mg | 2,400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Pork Loin/Chop w/ Apple-Cran Chutney15

Number of Servings: 15 (164.42 g per serving)

Instructions

Start out with 1# RAW lean pork roast or lean chops per 4 people (MORE THAN THE ROASTED AMOUNT LISTED IN THE RECIPE)

The recipe lists the meat as roasted weight so the recipe analyzes correctly.

- Slice onion and apples, Placing Lemon juice on apples to prevent browning.
- Place Pork loin or chops into pan, sprinkling spices over top, and covering with apples, onions, cranberries and water,
- Roast, covered, for 1- 1 1/2 hours or until tender at 325 degrees for pork chops or approx. 20-30 minutes/# for pork loin roast or until 165 degree internally. Check every hour and add additional water if necessary to keep from drying out.
- Serving size approx 3 oz (4 oz raw/person, cooked will shrink to approx 3 oz) or 1 small chop

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.

Notes

2# cooked roast for each 10 servings will require a 2 3/4 # RAW lean pork roast be purchased

20# cooked roast for 100 serv will require a 27# raw lean roast purchase

EACH 1/2 ounce honey = 1 T